**Vegetable Gardening In Utah** 

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 Home Vegetable Growing Is Increasing Throughout The United States



- This Interest Is Due To:
  - The Increasing Cost Of Fresh Produce
  - A Desire For Healthy, Fresh
     Vegetables
  - A Recreational Activity For The Family
  - Fresh Material For Freezing Or Canning

 Garden-grown Vegetables Can Be Picked At The Best Time For Flavor And Texture



- Gardening Teaches New Skills to Children
- Gardening Increases Our Appreciation For Nature
- It Is Family Activity



Vegetable Add Variety To Landscapes
 By Providing Colors And Textures



 Gardens Supply Produce To Feed Families And To Share With Others



- Classification
  - Vegetable Crops Are Classified By:
  - Botanical Relationships
  - Climatic And Cultural Requirements
    Food Uses

- Botanical
  - Vegetables Are Classified Into
  - Families
  - Genus
  - Species
  - Botanical Variety

- In The Cruciferae (Mustard) Family
  - We Have Brassica (Genus)
  - oleracea (Species)
  - Gemmifera(Variety)
  - Called Brussels
     Sprouts



#### Hardiness

Vegetables Vary
 In Climatic
 Requirements
 Needed For Best
 Growth



 Vegetables Are Classified According To Temperature Requirements



 Cool Season Vegetables Can Withstand Light Frosts With Minimal Damage and Are Divided Into Hardy And Semi-hardy Types



 Cool Season Vegetables Will Germinate At Minimum Temperatures Of 40°F With An Optimum Temperature Of 65 To 75°F

 Plant Growth Slows for Cool Season Vegetables in the Summer Heat



 Warm Season Crops Grow Best With Warm Temperatures And Are Divided Into Tender Or Very Tender Types



 When Exposed To Cool Temperatures, Warm Season Crops May Stop Growing If Exposed To Frost



Tender
Vegetables Are
Less Affected By
Cool
Temperatures
Than The Very
Tender
Vegetables



 Warm Season Vegetables Require Minimum Temperatures Of 55°F And Optimum Temperatures Of 75 To 85°F For Best Germination

 Even In These Broad Classifications Of Cool And Warm, There Are Differences In Ability To Withstand Freezing Or Excessively Warm Temperatures

- Site Selection
  - -Successful Vegetable Gardens Requires:
    - Proper Site Selection
    - A Good Production Plan
    - Proper Plant Care

 Selecting The Proper Site For A Garden Is The First Step To Successful Production



#### Location

Most Vegetables
 Require At Least 6
 Hours Of Full
 Sunlight To Be
 Productive



 Several Smaller Areas In The Landscape Can Be Utilized For Vegetables



 These Could Include Small Areas Near The Kitchen Where Herbs And Rapid Growing Salad Vegetables



 Vegetables Are Now Being Integrated Into Flower Gardens To Accent And Highlight Areas



Container
 Gardens Utilize
 Small Amounts
 Of Area And Can
 Be Attractive Yet
 Functional When
 Given Proper
 Care



 Vegetables Need Not Be Located In The Back Yard Any More, So Use Your Imagination When Planning Your Whole Yard



 Vegetables Vary In The Amount Of Space They Require For Maximizing Productivity



 Chives, Parsley, And Radishes Can Be Grown In Containers Or Near The Kitchen Door, Squash, Melons, And Sweet Corn Are Much More Productive In Larger Areas

 Vegetables Vary In Their Growth Habits, Production Period, And Size; Spend Some Time Organizing Your Garden to Maximize Productivity

- Ask Yourself These Questions:
  - Where Does The Sun Rise And Set In Relation To My Garden?
  - What Are The Growth Habits Of My Favorite Vegetables?
  - Where Should I Locate Them To Best Utilize The Sun And Minimize Shading Of Other Vegetables?
  - Which Vegetables Does My Family Like To Eat?

- Ask Yourself These Questions:
   How Much Should I Plant?
  - What Will I Do With The Excess?
  - Can I Utilize Some Areas In The Garden More Than Once And Increase My Productivity?
  - What Varieties Should I Grow?

 By Following The Plan, Land In The Garden Is Used Efficiently



- Space-saving And Yield-boosting Techniques:
  - Companion Planting
  - Succession Planting
  - Inter-cropping / Second Cropping
Try To Be Accurate With The Plan. Measure Your Garden Space, And Then Sketch It Out On Graph Paper To Match The Area

 Identify The Areas On The Plans In Accordance With The Likes Of The Family, The Desired Quantity Of Product, Areas For Second Cropping, And Permanent Sites For Perennial Vegetables

 Group The Vegetables In Your Plan According To How They Tolerate Cool Or Warm Growing Temperatures. This Helps Simplify Plant Care And Should Allow For A Second Crop

 Winter Cropping Means Some Vegetables Are Doubled Up In Order To Increase The Area Productivity

 Grow Carrots And Radishes In The Same Row; Plant Onions **Between Cabbages, Peppers And Lettuce.** The Faster Growing Vegetables (Radishes, Cabbage, And Lettuce) Mature And Are **Harvested Well Before The Others Need Extra Space** 

 Succession Planting Includes Scheduling Plantings So That When An Early Yielding Vegetable Is Harvested, A Second Crop Of Something Is Ready To Occupy The Space

 Early Peas Can Be Followed By Corn Or Beans; Early Cabbage Can Be Followed By Fall Radishes Or Lettuce

 Tall Vegetables Like Corn And Pole Beans Should Be Located On The North Side Of The Garden To Minimize Shading Of Smaller Vegetables

 Finally, The Garden Plan Is A Good Start For Record Keeping During The Year

 Record Keeping Is A Useful Method For Future Planning. It Should Contain All Aspects That Go Into The Garden

- How Much Fertilizer Was Used?
- What Areas Were Planted With What Varieties?
- When Did Planting And Harvest Occur?
- How Much Produce Was Harvested?
- How Did That New Variety Do?
- What Problems Occurred?
- How Were They Corrected?

 Seed Catalogs Are Valuable Sources Of Information. They List Tried And Proven Varieties As Well As The Latest Releases From Plant Breeders



 They Supply Information On Planting Dates And Spacing Needs, Pest And Disease Resistance, And Climatic Requirements. Many Are Free For The Asking

 Subscribe To Any Of The Many **Gardening Magazines Available. They Provide Information On New Production Techniques, List Sources Of New Materials And** Varieties, As Well As Increase **Your Overall Gardening** Knowledge

 Go To Your Local Library Or County Extension Office. Many Have Good Books Or Tips On Gardening Techniques Or The Latest In Technological Achievements









 High Quality Vegetables Depend On Tender, Succulent Growth



 This Is Best Achieved When Soils Can Supply Available Nutrients And Water



 Soils That Have Low Nutritional Levels Or Poor Water Holding Capacity Can Limit Vegetable Growth

 Many Vegetables Have Shallow Root Systems, Making Them Susceptible To Water And Nutrient Sh



 Soil Type Can Significantly Influence Vegetable Growth



- When Early Season Production Is Desired, Sandy And Sandy Loam Soils Are Best. This Is Because Sandy Soils Warm Up Quickly And Are Well Aerated
- Lighter Soils Are Best For Spring Production And Fast-maturing Vegetables

 Where High Yields Are Required Rather Than Early Harvest, Silt Loams And Clay Soils Are Most Productive Because of the Soils High Water Holding Capacity And Nutrient Availability

 Heavier Soils Are Difficult To Till, Slow To Warm Up In The Spring, And Poorly Aerated When Wet.
These Soil Types Are Better For Later Season Production And Vegetables That Require A Long Time To Mature

 Regardless Of The Soil Type, Garden Areas Should Be Free Draining With Few Obstructions (Hard Pans, Shallow Soils, High Water Table, Excessive Rocks) That Limit Root Development And Tillage Operations

 One Major Limitation To Vegetable Production In Utah Is The Low Organic Matter Content Of Our Soils



 Organic Matter Increases Water And Nutrient Holding Capacity And Improves Soil Aeration And Soil Structure. With Structural Changes, Roots Grow Better, Water Is Absorbed Faster And Aeration Is Improved

 Organic Matter Helps Hold Soil Particles Together Reducing Soil Erosion, Nutrient Leaching And Water Runoff



 Commercially Available
Fertilizers Can
Supply Much Of
The Nutritional
Needs Of The
Plant



 Poor Soils Can Be Improved In Several Ways. These Include Hauling In Topsoil, Adding Manure Or Compost For Organic Matter, Or By Growing Green Manure To Add Nutrients And Organic Matter To The Soil

 Green Manure Improve The **Subsoil By Penetrating Compacted** Layers, Adding Organic Matter To **Subsoils, Improving Mineral** Nutrient Availability, **Transferring Nutrients To The Top** Soil, Favoring Bacterial Growth, **And Helping Reduce Erosion** 

 Legumes Are Often Used As Green Manures Because They Add Atmospheric Nitrogen To The Soil. Grasses Such As Rye And Oats Are Also Used And Have All The Benefits Of Legumes Except The Nitrogen-fixing Capabilities

 Decomposed Manure Make a Good Additions To The Garden By Supplying Organic Matter
Manure With A Lot Of Straw or Shavings Is Slow To Decompose And Ties Up Needed Nutrients That May Limit Plant Growth

 Manure Can Introduce Weed Seeds To The Garden. Add Fresh Manure To The Garden In The Fall And Well-rotted Manure In The Spring.

 Most Vegetables Vary In Their Nutrient Requirements

 The Aim Of The Fertilizer Program Is To Supply Adequate Levels Of The Important Nutrients So That Plant Growth Is Not Limited

 Of All The Elements Needed By The Plant, Nitrogen, Phosphorous, And Potassium Are Most Important For Maintaining Good Growth

 Nitrogen Is Generally The Most Limiting To Plant Growth. However, Excess Nitrogen Promotes Vegetative Growth At The Expense Of Fruit Development

 Phosphorus Is Necessary For Root, Fruit, And Seed Development. Generally, High Concentrations Of Phosphorus Are Needed In Close Proximity To The Plant For Best Performance

 Potassium Is Important For Plant Vigor, For Improving Root, Stem, And Fruit Growth, As Well As For Increasing Low Temperature Tolerances

 There Is No Magic Formula For Determining The Nutrient Needs Of The Garden. The Best Way To Determine Nutritional Needs Is To Have The Soil Tested at A Reliable Soil Testing Laboratory

 Since Nitrogen Is Easily Leached From The Soil And Is In Greatest Demand By The Plant, Several Small Applications Can Be Needed To Maintain Good Plant Growth Throughout The Year

 High Fertilizer Levels Near The Vegetable Seed Will Adversely Affect Germination And Seedling Growth

 Light, Sandy Soils Are Prone To Leaching Of Nitrogen When Watered In Excess, Making The Nitrogen Unavailable To The Plant Roots

- Phosphorous Is Not Mobile In Soils and Should Always Be Applied Prior To Planting.
- Incorporation Into The Root Zone Is Necessary So Plants Have Access To It.

 Potassium May Be Applied To The Soil Before Or After Planting.
 Generally, Only One Application
 Of Phosphorus And Potassium Is
 Needed Per Crop Or Year

Complete
 Fertilizers Are
 Generally
 Broadcast Or
 Banded In The
 Garden Prior To
 Planting



 When Banding, It Is Important Not To Place The Fertilizer Too Close To The Seed Or Transplant. The High Salt Content Of The Fertilizer Can Be Injurious To The Germinating Seed Or Damage The New Roots On The Transplant

 In Most Cases, Fertilizers Should Be Banded 2 To 3 Inches To The Side And 1 To 2 Inches Below The Seeding Or Planting Depth



 Side Dressing Fertilizers Next To The Plant Supplies The Extra Nutrients Needed To Mature A Long Growing Crop

 In Poor Soils, Several Side Dressings May Be Required. These Applications Are Often Banded Next To The Plants After 6 To 12 Weeks Of Growth

 Vegetables Generally Grow Best When Soils Are Loosened 6 To 8 Inches Deep



- Some Care Is Needed With Soils That Have Limited Amounts Of Topsoil
- Exposing Too Much Of The Subsoil Can Adversely Influence Nutrient Availability, Water-holding Capacity, And Soil Structure

 The Primary Tillage Operation (Plowing, Deep Digging) **Incorporates Coarse Organic Matter Where Decomposing** Microbes Can Break It Down. **There Is Some Debate About The Merits Of Fall Versus Spring Primary Tillage Operations** 

- On Flat, Non-erosive Soils, Fall Plowing Exposes The Soil To The Wetting, Drying, And Freezing Winter Conditions. Fall Tilling:
  - Helps Improve Soil Structure
  - Exposes Insect Pests To Lethal Weather And Predators
  - Starts Organic Matter Decomposition
  - Makes Soil Easier To Work In The Spring

 Several Types Of Seedbeds Can Be Used For Successful Gardening

 The Easiest To Make Is A Flat Bed. The Flat Bed Is Raked Smooth After Tilling And Before Planting Seeds In The Desired Area

• With Shallow Soils, Raised Beds Increase The Depth Of Topsoil The Plant Can Grow In



 Raised Beds Require More Work To Make, Warm Up Faster In The Spring, But Tend To Dry Out Faster In The Summer



 Raised Beds Generally Make The Garden More Productive And Easier To Cultivate And Harvest



 Sunken Beds Have Also Been Used In Areas Where Excessively High Soil Temperatures Occur Or Soil Mounding Around The Plant Is Needed

 Soils Stay Cooler In The Trench, And Deeper Rooting Is Encouraged

 Vegetables Vary Greatly With Regard to Their Climatic Requirements. Each Must Be Planted at a Time That Encourages Successful Development and Maturity Within the Constraints of the Growing Area

 Successful Gardening Requires Some Understanding of Which Method of Establishment Will Be Most Successful

 Most Vegetables Are Either Seeded Directly Where They Will Grow, or Grown From Transplants
 Purchased Locally or Raised by the Gardener

 If the Garden Site Was Fall Plowed, Only Minimal Tillage Needs to Be Done to Prepare the Seed Bed

 Careful Consideration of the Soil Moisture Content Is Required to Produce a Fine, Clod-free Area to Accommodate the Seed

 When Soils Are Too Wet, Seed Bed Preparation Is Difficult and Can Create an Environment Unfavorable for Good Seed Germination
This Is Especially True for Those Vegetables We Sow Very Early in the Spring Like Peas and Onions



 Early Tillage Helps Incorporate the Fertilizer Needed for Good Plant Growth. There Are No Good Guidelines for How Much Fertilizer Should Be Added to the Garden Unless a Soil Test Is Taken

 While Straight Rows Make Attractive Gardens Which Are Easier to Seed, They Don't Always Utilize the Limited Space of the Garden Most Efficiently

 Straight Rows Are Easier to Plant and Allow Tillers to Be Used for Later Weed Control



- Other Methods of Sowing Include Broadcast Planting, Hilling, and Intensive Spacing. All of These Can Be Incorporated Into the Garden
- Row Planting Methods Are the Most Common

 After Marking the Row, a Narrow V-shaped Trench Is Made for the Seeds. Depth Control in the Trench Is Important and Should Be Tailored for the Specific Vegetable

 A General Rule Is to Sow Seeds to a Depth of 2 to 3 Times the Diameter of the Seed. Seeds Should Not Be Planted Too Thickly or Crowding Will Occur As the Plants Mature

 Most Seed Packets Give Generic Planting Depths and Plant and Row Spacings Needed for Best Production

 Once Planted, Cover the Seed by Raking the Soil Into the Furrow and Firming It Over the Seed

 Be Sure to Mark the Row With the Variety Planted. If the Soil Is Dry, Water Lightly Improve Seed Germination

 Broadcast Planting Is an Easy Method for Single Crop Beds or Broad Strips of Plants

 Fast-growing Vegetables That Can Tolerate Some Shade Work Especially Well. These Would Include Beets, Radishes, Carrots, and Leafy Greens



 After Preparing the Bed, Seeds Are Evenly Distributed Over the Surface and Are Raked Into the Soil

 Raking the Soil Works Well for **Small Seeds That Need A Shallow Planting Depth. In the Spring,** When Temperatures Are Cool and the Soil Moist, Germination Is Not a Problem. During the Heat of Summer, Frequent Light **Irrigation May Be Needed** 

 Hill Planting Is a Good Way to Space for Melons, Cucumbers, and Squash. Several Seeds Are Sown at Each Planting Site With Hills Located Several Feet Apart. After Emergence, Hills Are Thinned to 2 or 3 Plants

 Fertilizer and Manure Are Often Blended Together With the Garden Soil Before Making the Hills. This Enriched Soil Favors Vigorous Plant Growth for the Heavy Feeding Cucurbits

 Intensive Plantings Are Good Methods to Maximize Land Use and Yields. Plant Seeds or Plants Closer Together So That When They Mature the Leaves Just Touch and the Entire Area Planted Is Covered by Foliage

 Planting Time Is Based on Locality, **Frost-free Period, and Time to Crop Maturity. Knowing the Dates** of the Last Killing Frost in the **Spring and the First Killing Frost** in the Fall Help to Determine When to Plant the Tender, Warm **Season Vegetables** 

 Since the Growth Period of Vegetables Varies Greatly, Those That Require a Long Growing Season Need to Be Planted As Early As Possible. These Include Potatoes, Tomatoes, Peppers, Eggplants, and Onions

 Vegetables That Mature Rapidly Can Be Planted at Intervals During the Season to Extend Their Productive Periods. These Include Spinach, Beans, Carrots, and Radishes

 Some Seeds Are More Difficult to Establish in the Garden Than Others. Onions, Beets, and Carrots Germinate Slowly. If Soils Dry Out Rapidly, Erratic Germination and Poor Plant Stands Occur Result

 One Technique Used to Improve the Emergence of These Vegetables Is to Soak the Seeds in Water Prior to Planting Them in the Garden

 The Germination Process Is Started in Ideal Environmental Conditions and Seeds Are Almost Germinated Before Planting

 This Shortens the Time Period Needed Before Seedling Emergence but Makes the Planting Process More Difficult, Especially for Very Small Seeds. Beans, Peas, and Sweet Corn Can Be Successfully Planted by This Method

 Bed Preparation Procedures Are Similar for Both Seeded and **Transplanted Vegetables.** Closer **Spacing May Actually Increase Total Yields While Decreasing Yield Per Plant. Intensive Plant Spacing Is Easier to Achieve With Transplants** 

 Yield Per Unit Area of Ground Increases and Maturity Is Concentrated. This Is Helpful When the Produce Is Grown for Freezing or Canning

 With Most Vegetables, Transplanting Has Little Longterm Detrimental Effect on Plant Performance. Tomatoes, Broccoli, Lettuce, and Celery All Transplant Easily and Grow Rapidly Once Placed in the Garden

 Beans, Sweet Corn, Squash Cucumbers and Melons Can Be Transplanted If They Are Handled With Care

 Easily Transplanted Vegetables Have Rapid Root Replacement and Slow Top Growth While
Vegetables That Are Difficult to
Transplant Have Rapid Top
Growth and Slow Rate of Root
Replacement

 Healthy, Vigorous Growing Plants With Adequate Nutrient Levels and Water During Early Growth That Are Carefully Planted to Avoid Root Damage Generally Show No Transplant Stress (Shock)

 Transplants Can Be Broken Down Into Three Groups: Bare-root, Flat-grown, or Cell-grown Plants. While Planting Methods for All Three Are Similar, Success After Planting May Vary

 In Most Cases, Total Yield Is Similar for All Three Types of Transplants but Early Yield Is Less With Those That Have the Greatest Amount of Root Damage

 Plant Size Also Influence the Transplant Performance. Most Cucurbits Suffer Less Transplant Shock If Planted When They Have 1 to 2 True Leaves. Brassicas Grow Best When They Have 4 to 6 True Leaves.

 Plant Age Has a Significant Effect on Overall Performance. Young Tomato Plants Produce the Highest Yields With a Hen Long Growing Season

 Older Plants Do Better in Short Growing Seasons Because They Set Fruit Sooner. However, Older Plants Generally Produce Lower Yields Because They Sacrifice Vegetative Growth to Supply the Developing Fruit

 Old Broccoli and Cauliflower **Transplants Often Produce Very** Low Yields Because the Floral **Tissue (Head) Has Been Initiated Before Planting. If Stressed After Planting, Small Buttons (Heads) Form Before Sufficient Plant Growth Occurs**
Hardening Slows Plant Growth and Enables Plants to Better Withstand the Transition From Greenhouse to Field Environment

 The Need to Harden Depends on the Kind of Vegetable, the Weather, and Other Conditions Expected After Transplanting

 Hardening Is Generally Not Necessary When Transplanting During the Summer. Soils Are Warm and Air Temperatures Favorable for Rapid Growth

 Vegetables That Are Induced to Flower by Cold Temperatures Should Not Be Hardened by Exposure to Very Low Temperatures

 This Leads to Early Bolting (Going to Seed) With Cabbage, Onion, and Celery and Buttoning (Premature Head Formation) of Broccoli and Cauliflower

 Cucurbits Generally Do Not Benefit From Hardening Since Rapid, Uninterrupted Growth Is Needed

 Transplanting Depth Varies With the Vegetable. Tomatoes Can Be **Planted Deeply Since They Develop Roots Out of Their Stems.** Plant **Cell Grown Plants Slightly Deeper** Than the Root Ball to Keep the **Media From Drying Out After Planting** 

 Transplants Do Best When Planted Late in the Day or on Cloudy Days. Some Protection Is Required If Conditions Are Extremely Dry and Hot. Water Transplants Before and After Planting

 Starter Solutions (Dilute Fertilizers) Have Readily Available Nutrients for Rapid Growth.
Starter Solutions With a High Phosphorous Encourage Root Growth